


Using a Manual Wheelchair

Uneven ground:

- Know the terrain you need to travel. It is best to go with someone before going alone.
- Select flat, smooth surfaces whenever possible
- Use a controlled lift of your casters (small front wheels) to get over bumps.
- Keep both casters (small front wheels) pointing in the same direction.
- Soft surfaces require keeping forward momentum.
-  Hitting a bump or soft ground at speed can cause you to fall forward out of the chair.

Ramps:


- Keep body weight forward when going up.
- Lean back slightly when going down.
- Use momentum going up if there is no bump at the bottom of the ramp.
- If handrails are reachable, use them to assist.

Stairs and curbs:

- Ask for assistance; **do not** go up or down stairs or curbs alone.

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For questions about:

Metro Transit (206)553-3000
Sound Transit (206)398-5000
Community Transit (425)348-2350
Transit Instruction (206)749-4242
Access Eligibility (206)263-3113



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